

CALIFORNIA CHIROPRACTIC COLLEGES

LOS ANGELES COLLEGE OF CHIROPRACTIC

The Chirogram

THE CHIROPRACTIC PHYSICIAN

September 1972

Vol. 39, No. 9

LACC

HOMECOMING!



GLENDALE CIVIC AUDITORIUM

SATURDAY OCTOBER 14th

and

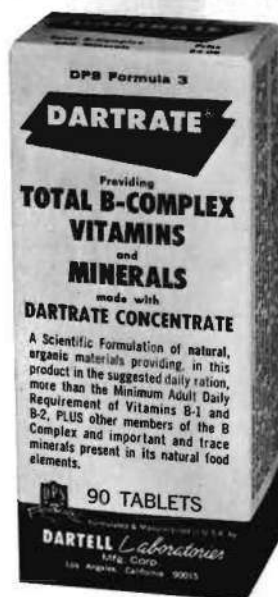
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EDITORIAL COMMENT



PROPHYLAXIS FOR SEMINAROSIS

All of us from time to time attend seminars and meetings and we all derive much benefit, or contribute much to the cause by having attended.

The hardened and experienced out-of-town meeting-goer will immediately recognize and approve this check list of things to take along in order to prevent an attack of that dread malady, seminarosis.

1. An inflated rubber cushion to avoid the complication of hemorrhoids.
2. A list of the better girlie shows in town.
3. Dark glasses for sleeping unnoticed during lectures.
4. Your secretary.
5. Plenty of checks - with reserve-account protection.
6. A bookkeeping system for tax deductables.
7. A supply of digest-aids or sodium bicarbonate.
8. A periscope, or snorkle tube for seeing over that tall guy who always sits in front of you.
9. A telescope or binoculars for seeing the screen or the charts.
10. Ear plugs to shut out the monotonous drone of the lecturer.
11. A large brief case for storing notes.
12. A doodle-pad for drawing during lectures.
13. Press-on patches for the seat of the trousers.
14. Golf clubs for long lectures.
15. Swim trunks for short lectures.
16. Roller skates and electrical cattle prods for coffee breaks.
17. Hiking boots for the trek to and from the dining room.
18. A transistor radio for listening to the ball game during lectures.
19. Lighter fluid to remove food spots dropped by snarling waiters.
20. Semaphore flags, klaxon horn, or emergency flares to attract the attention of the waiter.
21. Mouth-wash (or Tabasco sauce) to use as a chaser for the coffee.
22. Cross-word puzzles to do during lectures.
23. Notebook for taking down great thoughts of the lecturer. (Usually a couple of cigarette papers will do.)
24. A pipe, to make you look intelligent.
25. A conservative suit to make you look sincere.
26. A Sterno camp stove to warm the soup at the banquet - also...
27. A hack-saw for the rubbery chicken, or roast beef.
28. A large mallet for the hard rolls.
29. A compass to find your way from the elevator to the room.
30. A copy of the plane schedule, so that you can leave earlier, if possible.

And don't forget the date book, to enter the time and place of the next meeting or seminar, which is as inevitable as death and taxes!

JDK

THE CHIROGRAM • JOURNAL OF THE LOS ANGELES COLLEGE OF CHIROPRACTIC

CIRCULATION — 11,000

THE CHIROPRACTIC PHYSICIAN

September 1972

Vol. 39, No. 9

*Dedicated to the dissemination of current and research information
relative to the field of Chiropractic Therapeutics*

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GALVANIC

CURRENT

by J. J. Beyers

Galvanism is a unidirectional electrical current of relatively low voltage and amperage, with distinct and important polarity, and with marked therapeutic properties. It is the oldest form of electrotherapy and has proven to be a valuable chiropractic adjunct.

As galvanic current possesses polarity, the main property of interest to us is of a chemical nature. It has a cataphoric ability, now called Ionization, Iontophoresis or Electrophoresis. By this action certain chemicals are carried into or through the body tissues. The body fluids are largely composed of water and therefore contain hydrogen and oxygen. Oxygen, being electronegative, will travel in a circuit toward the positive pole, hydrogen on the other hand, being electropositive will travel toward the negative pole.

It is possible to combine the salts of the metal electrodes, or from prepared solutions with the body fluids for therapeutic effect.

TECHNIQUE

The electrodes are metal plates, covered with a pad of the size and shape to accommodate to the area being treated. They are well moistened, and applied firmly. If the electrodes are of unequal size, the polarity effect will be more marked at the smaller one, and may be used to therapeutic advantage.

Before applying the current, the skin should be warmed. Once the current is applied, it should be increased or decreased gradually. If the patient complains of a burning sensation, reduce the current, remove the pad, and investigate. The pads may need remoistening or rearranging. *Never ignore the complaint or argue the point of "burning" with a patient!*

Current within the tolerance of the patient is usually $\frac{1}{2}$ to 1 milliampere of current per square inch of electrode surface. Of course, every patient is different in this respect. Treatment and time frequency is usually 15 to 20 minutes, given on alternate days, until the desired therapeutic effect, along with manipulation, is obtained.

Metallic electrodes of various shapes and sizes, and of various metals are used in the treating of the orifices such as the rectum or the walls of the vagina or the face of the cervix. The metals used are generally made of chemically pure zinc, copper or carbon. The salts of the metals are deposited into the surrounding tissues which they contact.

When using a metal electrode upon mucosa, the polarity should be reversed for a moment before gently withdrawing the electrode in order to prevent it sticking to the mucosa.

INTERRUPTIVE GALVANIC CURRENT

Interruption of the current during the course of the application is produced by a mechanical or electronic device placed in the circuit. The device interrupts the current flow at regular intervals. This will produce a muscular contraction.

EFFECTS OF POLARITY

Metals and bases are electropositive, and are used on the positive pole. Being electropositive, they are repelled from the positive pole, and seek the negative pole by passing through the tissues.

If the therapeutic use of the radical is desired, the solution is placed under the negative pole, where it will be repelled, through the tissues, toward the positive pole.

SUBSTANCES COMMONLY USED BY PRACTITIONERS OF VARIOUS DISCIPLINES IN IONIZATION, AND THE POLES AT WHICH THEY SHOULD BE PUT

NEGATIVE POLE

Iodine in various combinations including Lugol's Solution.
Potassium Iodide
Salicylates
Sodium Chloride
Histamines
Methyl

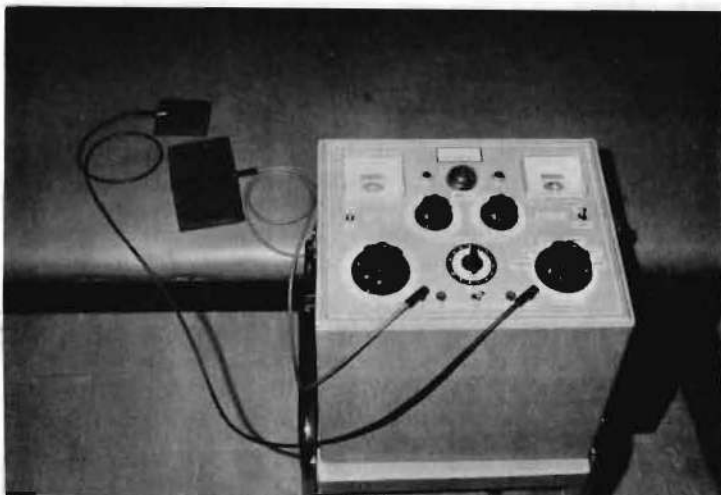
POSITIVE POLE

Copper
Zinc
Lithium
Cocaine
Quinine
Ichthyol
Adrenalin
Calcium chloride
Uranium sulphate
Zinc sulphate
Copper sulphate
Aconite
Methine
Menthol

Note: Due to legal restrictions, some of the above are not used by chiropractic physicians.

All chemical substances are composed of positive and negative elements. If you are uncertain of the pole at which to apply any substance, remember that the metal or base is electropositive and comes first in the formula. It should be connected to the positive pole from which it will be repelled.

The latter part of the formula, or the radical, is electronegative and therefore is used in the opposite manner, by placing under the negative pad. Chemicals are not placed at the pole which attracts them, otherwise they would be retained at the pad, and not enter the tissue.



If, for instance, one is using a potassium iodide (KI) solution, and the iodine effect is desired, the negative pad, moistened with the KI solution would be placed under the negative pad, and the current applied. Electrolysis will occur, disrupting the molecules, and by cataphoresis the iodine will be deposited in the tissue. It accomplishes this by its attempt to reach the positive pole. If the potassium effect were desired. The solution would be worked from the positive pole.

Stillwell, writing in the Handbook of Physical Medicine and Rehabilitation (Krusen, Katke and Ellwood - 2nd Ed. - Saunders) states that ions transferred through the skin are taken up by the circulation rather than proceeding through the tissues to the other electrode.

Interestingly, the less the concentration of the solution, the better electrophoresis works. Solutions used in this technique should not exceed 1 per cent.

In the treatment by ionization a cloud of ions is introduced into the area in which the disease exists. The actual quantity introduced into the body is small, but when application is limited to the affected area, the concentration is high. As a result, the therapeutic action is more intense, and the effect is consequently greater.

THE EFFECTS OF IONIZATION UPON TISSUES

Removes exudations.

Promotes absorption of infiltrates and exudates.

Breaks up deposits.

Relieves vasospasm.

Promotes circulation.

Relieves pain.

The positive pole has an antiseptic effect.

Provides the action of the chemical fraction that is used.

THE SLOW (GALVANIC) SINUSOIDAL CURRENT

This is a galvanic current passed through a rhythmically varying resistance, which at the same time, reverses the direction of flow of the current at the rate of 5 to 30 alterations per minute.

It has the ability to stimulate smooth and skeletal muscles which are in flaccid paralysis, without painful contractions. This current is a main stand-by in such conditions.

Because of its ionic properties, it will cause a rearrangement of the ions in the tissues and will remove waste products. The positive galvanic current may be localized to a certain area to produce a sedative effect on the sensory nerves, and to relieve pain or congestion by its ability to cause vasoconstriction and ischemia. The negative galvanic current may be used to stimulate the nerve. Although it usually causes pain, it may relieve pain in an area with lessened blood supply by its ability to cause vasodilation and hyperemia.

CHARACTERISTICS OF THE TWO POLES

POSITIVE POLE

Attracts acids
Causes acid reaction
Repels alkalies
Astringent
Attracts oxygen
Hardens tissue
Contracts tissue
Vasoconstrictor
Stems hemorrhage
Reduces congestion
Sedative (in acute conditions)
Produces a hard, firm scar.

NEGATIVE POLE

Attracts alkalies
Causes alkaline reaction
Repels acids
Dilates blood vessels
Attracts hydrogen
Relaxes tissue
Softens tissue
Vasodilator
Promotes hemorrhage
Increases congestion
Sedative in chronic conditions
Produces a soft, pliable scar.

DETERMINATION OF POLARITY

If the generator is unmarked, or for some other reason one is desirous of determining which pole is of a given polarity, the procedure is a simple one.

Connect two leads (wires of different colors, for identification) to the terminals of the machine. The wires, of course, should be insulated, but with exposed ends.

Place the ends of the two wires in a glass of water, containing a few grains of salt (although tap water will usually do).

Place the ends of the wires within an inch of each other, but not touching.

Turn on the current, and increase until the galvanometer (meter) reads 20 milliamperes.

Note the gas bubbles forming at the ends of the two wires. The one showing the greater number of smaller bubbles will be the negative pole. This is due to the attraction of the hydrogen ions at this pole.

STRENGTH OF CURRENT

The effect produced by a given intensity of current will vary according to the resistance between the electrodes. It is dependent upon;

- (a) the amount of tissue, as thickness, or the distance between the electrodes.
- (b) the conductivity of the tissues; the more vascular, the less the resistance, and
- (c) the thickness and condition of the skin within the circuit.

Dry skin is an excellent insulator, therefore the thicker and drier the skin, the greater the resistance. Therefore, all electrodes, especially those in contact with the skin, should be well moistened either with a solution of the chemical to be used, or with water. The rule is, "one miliampere per square inch of electrode."

RULES FOR CLINICAL USE OF GALVANIC CURRENT

1. Pads should be well moistened.
2. Small lesions upon the skin should be protected.
3. The metal of the electrode should never be allowed to touch the patient's skin.
4. The patient should never be allowed to control his own dosage of current.
5. Never argue with the patient. If he complains - investigate!
6. Skin should be warmed before the application of galvanic current.
7. If electrophoresis is to be given, the surface oil of the skin should be removed by sponging with alcohol, or better, with 50/50 ether-alcohol.
8. Current should be increased or decreased slowly - never rapidly!
9. Polarity should never be switched while the current is being applied to the patient.
10. An electrode pad must not be moved, removed or shifted while the current is being applied to the patient.
11. Pads should be in firm contact with the skin, using adhesive tape, straps or sand bags.
12. Solutions should not be in concentrations exceeding 2%.
13. Distilled water should not be used as a moistening agent for the indifferent pad. To conduct the current freely, a saline or borax solution should be used. (Generally, city tap water will do quite well.)
14. In using an iodine solution into a small area, 1.5 to 2.0 miliamperes is ample. Higher miliamperage may result in a burn.
15. Never apply current to a patient with a defective machine or with worn or defective cords.

THE DEAN REPORTS ON LACC

by

George H. Haynes, D. C., LL. D.

Once more I bring you Greetings from the College.

FACULTY

Dr. Harold Payne, who suffered a mild heart attack in the early part of this year, has recovered satisfactorily and is back on duty.

Dr. James Watts has left the College to practice in the northern part of the state.

We have signed a contract with Earl Gerheim, Ph. D. to head our Department of physiology. His doctorate degree is in the field of physiology and he comes to us from the University of Michigan.

Charles LaDochy, Ph. D. continues as head of our Micro-Anatomy division. His doctorate is in the field of cellular biology.

Ralph Pressman, Ph. D. continues to head our Public Health Department. Emile Painton, Ed. D. remains as head of our Psychology Division.

Drs. A.V. Nilsson and Wolf Adler remain at their posts which also holds true for Drs. J. Kirby, P. Runsten, L. Jano, R. Stocking and the part time faculty.

Dr. J.G. Anderson, Chairman of the Department of Chiropractic Practice is searching for the right man to replace the late Dr. Larry Stokes. He has a number of applicants. I remain in my post in the Department of Chemistry and Nutrition supported by a most able man, Dr. P. Schultz. By the way, the students honored Dr. Schultz by naming him the Teacher of the Year. Some changes have taken place in the Clinic. Dr. Glenn Olson, the Clinic Director, is ably supported by Drs. Earl

Robinson and Lauren Bryant with Dr. Neil Santos heading the X-Ray Department.

Electrocardiography services have been added to our clinic offerings. The reports are based on a computer analysis and signed by a qualified medical cardiologist.

STUDENTS

Our Graduates continue to demonstrate the quality of the LACC education by their showing in licensing examinations (See April, 1972 Chirogram, page 11). Several of our students have taken Basic Science Board examinations with flying success.

It appears that our Fall, 1972 new enrollment will far exceed that of last Fall. Up to now we have accepted 66 applicants for the first year class that will start in September, and many more are pending.

EDUCATIONAL RELATIONS

This month we visited and held conferences with the Counseling Deans and staff of the following colleges:

DeAnza Jr. College
Cupertino, Calif.
Foothill Jr. College
Campbell, Calif.
Cabrillo Jr. College
Aptos, Calif.
San Mateo Jr. College
San Mateo, Calif.
Garan Jr. College
Gilroy, Calif.
Hartwell Jr. College
Salinas, Calif.
Hancock Jr. College
Santa Maria, Calif.
Chabot Jr. College
Hayward, Calif.
Monterey Penn. Jr. College
Monterey, Calif.
San Jose State College
San Jose, Calif.

LACC bulletins and information was made available for use of their stu-

dents. This year we have visited a total of 27 Junior Colleges and 14 more will be covered before the end of this year.

Negotiations are underway with the Glendale City College allowing them to conduct some of their classes on our campus. They come to us with this request.

MORTGAGE BURNERS CLUB

Over the years the Mortgage Burners Club members have contributed the amount of \$23,300.71, ALL of which has been used as additional payment on the mortgage. To this amount we have added \$8,290.29 from other college funds to amortize our loan at a more rapid rate.

Thus, up to now, we have reduced the principal owed by \$31,591.00 over and above the payments required by the terms of the mortgage with a resulting savings in interest. For example it means that next year alone the Col-

lege will save \$1,816.48 in interest charges. Just think what \$5.00 per month can help accomplish.

RECOGNITION

The LACC is one of the only two chiropractic colleges that has attained an "approved" status from the state in which the college resides. I was able to obtain this classification in 1967 after an official inspection and evaluation. This is the highest status that the State Department of Education can grant with one exception, that being teachers colleges.

The only way for us or any other chiropractic college to obtain national accreditation is through a chiropractic accrediting agency approved by the U.S. Office of Education of HEW. I have continued to work towards the HEW acceptance of such an agency and I feel I am near the realization of this goal.

LOS ANGELES COLLEGE OF CHIROPRACTIC OFFERS

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AT THE HYATT HOUSE, SAN JOSE

Saturday and Sunday, September 2nd and 3rd, 1972

AT L. A. C. C., GLENDALE

Thursday and Friday, September 7th and 8th, 1972

AT THE L. A. C. C. HOMECOMING

GLENDALE CIVIC AUDITORIUM

Saturday and Sunday, October 14th and 15th, 1972

RESERVATIONS SUGGESTED - WRITE OR PHONE

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(213) 245-1251

SPACE LAB RESEARCH AIDS PATIENT REHABILITATION

In developing the new technology to explore space, the National Aeronautics and Space Administration (NASA) has also come up with hundreds of new items and techniques that create a better life for all.

MOBILE ELECTROCARDIOGRAPH

monitoring equipment can enable convalescing heart patients to "broadcast" their own heart signals to a central monitoring station.

AN ELECTRO-ENCEPHALOGRAPH HELMET

is an audio-metric device to assist in diagnosing hearing defects in children.

A POWERED PROSTHETIC HAND

where patients have been deprived of one or more of their vital functions.

A PORTABLE LIGHT INDICATOR

for blind persons.

AN EAR OXIMETER

which measures the blood's oxygen content by noting red and infrared light absorption in blood circulating through the ear. Because the equipment provides readings which provide a relative measurement of blood pressure, it has important uses in taking recurring blood pressure data in patients too critically ill to endure repeated readings by the more conventional cuff method. This is particularly important in checking blood pressures repeatedly in detecting the onset of physical shock in the treatment of such diseases as leukemia.

A SLEEP ANALYZER

destined to check the sleep of astronaut crews in NASA's Skylab vehicle scheduled to fly in 1973, is already seeing earthbound service as a diagnostic and research device. By combining electroencephalograph and electro-oculograph signals from the brain and the eyes of a sleeping patient, the equipment provides a record of the deepness and hence the quality of his sleep.

Physicians already foresee use for the device in analyzing the quality of the sleep of pilots and airport air controllers and as a valuable diagnostic tool in the rehabilitation of drug addicts.



CHIROPRACTIC EDUCATORS HONORED



Dr. Payne

At the recent annual meeting of the International College of Chiropractors, held at Minneapolis, Minn., three members of the Los Angeles College of Chiropractic were honored by being admitted as Fellows of the International College.

Those receiving this distinction were Dr. Everett Roden, member of the Board of Regents of the Los Angeles College, Dr. Harold Heintz Payne, Chairman of the Department of Diagnosis and Dr. Jay Davis Kirby, Chairman of the Department of Obstetrics and Gynecology and Executive Editor of the Chirogram



Dr. Roden

Admission as a Fellow of the College is one of the highest honors that can be bestowed upon a chiropractic physician, according to Dr. George F. Poe, of Clifton, N. J., who made the announcement. Dr. Poe is Secretary-Treasurer of the International College.

Dr. Roden, who practices in Glendale, California, in addition to serving as a Regent of L. A. C. C., is the Legislative Chairman of the California Chiropractic Association, and is a past-president of the CCA, the largest state chiropractic organization in America. He has long been active in professional affairs, and his civic leadership is often lauded by the press.



Dr. Kirby

Dr. Payne, a veteran faculty member of the Los Angeles College is often referred to as the outstanding chiropractic diagnostician in the profession. He is the first to have served as president of the American Council on Chiropractic Diagnosis and Internal Disorders. His contributions in the area of botanical medicine have been many, and he is an authority on the subject. His writings in the field of plant toxicology are well known and he is presently engaged in the writing of a book on the subject.

Dr. Kirby is a writer, lecturer and teacher. Under his direction, the Chirogram has come to be recognized as a journal contributing greatly to the profession. He has a wide background in the social and psychological sciences. In 1970 he was the recipient of the George H. Haynes Award for service to chiropractic education.

LOS ANGELES COLLEGE OF CHIROPRACTIC GRADUATE SCHOOL

Contact: F. Maynard Lipe, D.C., Dean
920 East Broadway Glendale, California 91205

BOARD QUALIFYING COURSE IN ROENTGENOLOGY

Following ACA American College of Chiropractic Roentgenology Syllabus — minimum 300 class hours with approximately 4500+ clinical practice course. Open to licentiates only.

SALT LAKE CITY, UTAH: Beginning Fall, 1971

Contact: Dean Black, D.C., 4114 South 20th Street, Salt Lake City, Utah. Phone (801) 277-0480 — **First week-end of each month** — Saturday 2-9, Sunday 9-4.

SACRAMENTO, CALIFORNIA: Now in progress, Woodlake Inn.

Contact: Max John, D.C., 220 Elks Bldg., Stockton, California. Phone (209) 462-2759. **Second week-end of each month.** Saturday 2-9, Sunday 9-4.

PHOENIX, ARIZONA: Now in progress, Airport Holiday Inn

Contact: John Owen, D.C., 4238 N. 19th Ave., Phoenix, Arizona. Phone (602) 277-7172. **Third week-end of each month.** Saturday 2-9, Sunday 9-4.

GLENDALE, CALIFORNIA: Now in progress, Los Angeles College of Chiropractic.

Contact: Anna Reeves, D.C., 920 East Broadway, Glendale, California. Phone (213) 249-8102. **Fourth week-end of each month.** Saturday 2-9, Sunday 9-4.

BOARD QUALIFYING COURSE IN ORTHOPEDICS

Following in-depth syllabus of American College of Chiropractic Orthopedics and ACA American Council on Chiropractic Orthopedics. Minimum of 300 class hours with approximately 4500+ clinical practice hours. Open during first 3 sessions for matriculation.

GLENDALE, CALIFORNIA — NEW REGULAR CLASSES.

Starting February 10-11, 1973. Second week-end of each month.

OPEN FIRST THREE SESSIONS ONLY FOR MATRICULATION.

Register early. Contact Anna Reeves, D.C., 920 E. Broadway, Glendale, California 91205. Phone (213) 244-3154.

NEW CLASSES

GLENDALE, CALIFORNIA. DIVERSIFIED TECHNIQUE CLASS.

A top! "Best of All Techniques" course. 11 hours with visual aids and workshop demonstrations! 1 hour theory. In progress and a proven course, enthusiastically received. **OPEN. THIRD WEEK-END** of each month. Contact: Anna Reeves, D.C., 920 E. Broadway Glendale, California 91205. Phone (213) 244-3154.

Additional classes, seminars and symposia are conducted for 6-12 hours specific subject coverage, which will be announced.



WHAT'S IN THE CARDS



The future of chiropractic is in an uncertain stage!

Every effort is being made to assure approval by H. E. W. of the Accrediting Commission of the Council on Chiropractic Education. Dr. George H. Haynes, chairman of the committee, has worked untold hours in preparation and he and his committee have been to Washington a number of times.

The combined efforts of the A. C. A. and the I. C. A. have been thrown into the struggle to assure the recognition of chiropractic in any bill for national health insurance.

On the other hand, in at least eleven states the ever-loyal opposition is attempting to block the licensure of new chiropractors by any and every foul legislative tactic.

The outcome of these efforts depends upon *YOU!*

The success of the first two mentioned programs means prestige and unlimited practice opportunities for *YOU* and all of the doctors of chiropractic our colleges can produce!

Surveys have shown that approximately 29% of the population has utilized chiropractic services to some degree. Presuming that under pre-paid national insurance this increased to about 33 1/3 of the population, or about 70,000,000.

If the average number of treatments received was 5 for each patient, *every one of the 20,000 chiropractic physicians would have to see 70 patients per day — 5 days per week!*

The problem is that 20,000 is not a realistic number of practitioners and many are at the age when they are not prepared to treat such a number of patients, nor wish to be in their offices for five days per week.

Assurance of recognition by the varied levels of government depends greatly upon the IMAGE OF THE PROFESSION portrayed by its colleges. National College earned the recognition of the State of New York by, not only its educational excellence, but the excellence of its plant and facilities.

YOUR COLLEGE, the LOS ANGELES COLLEGE OF CHIROPRACTIC has served the profession with an ever increasing degree of ACADEMIC EXCELLENCE for over 61 years! What have *YOU* done to assure that L. A. C. C. reflects the type of professional image that *YOU* desire?

If chiropractic is to win the battles mentioned, ALL of our colleges must physically reflect the quality of education being provided within their walls.

YOUR gift to posterity and the future doctors of chiropractic should be *YOUR* immediate contribution to the new building fund of L. A. C. C.

Make *YOUR* check and pledge out *TODAY* and send it *NOW* to:

Dr. Kai Drengler
805 North Central Avenue
Glendale, CA. 91203

THE BEAUTIFUL VILLAINS

by

Harold Heintz Payne, D.C., F.I.C.C.

Since Dr. Payne began writing this series in the Chirogram on poisonous plants, interest has grown tremendously among both the professional people and the lay public. He has been in good demand as a speaker on this subject, and has been quite widely quoted in the public press.

In answer to many requests, he has prepared this article as a review and synopsis of many previous writings, as well as including material that is new to our readers.

Many home owners, tenants and those who live in apartments and courts are frequently surrounded by grounds that are meticulously landscaped.

Other properties receive varying degrees of attention often with little or no care at all. These soon show their unkempt state by being quickly overrun by tall grasses, an entanglement of vines and tenacious weeds.

Regardless of the state of the yard, its gardening or lack of it, its inhabitants are often the loving parents - or still prouder and doting grandparents - of crawling infants and inquisitive toddlers who more often than not possess the uncanny ability and agility to disappear from sight before their very eyes. Or perhaps they have older children, a beautifully attractive young daughter or a handsome son about to enter high school.

And if suddenly you heard over the television or radio, or received a call from a friend or even from the police department that a desperate killer or group of known murderers were lurking in the neighborhood, or worse still, were crouching behind thick shrubbery in your own yard, you would make every effort possible, and take every precaution available to get your loved ones into the house as quickly as you could, and behind closed doors for their greatest safety.

Then you would anxiously await the police or news report that the criminals had been apprehended and taken into custody before giving the children the freedom of the yard and the nearby vicinity.

Yet these potential killers that we are about to discuss - they need not stealthily sneak about as human criminals do - have the audacity and effrontery, being the con artists they are, to be very subtle and coquettish in their approach, though at times they may be more bold, arrogant and even insolent.

They often take up their abode in our yards and gardens, in the vacant lot next door or the open fields. They may be seen along the roadsides at or near the edges of streams and ponds, in the meadows and marshes or in the woods. Nor should we be surprised or think it uncommon when we find them residing jubilantly with us in the various rooms of our homes. It certainly can not be denied but that they add an esthetic touch, a decorative charm and hominess and an air of elegance that enhances a room that can be accomplished in no other way.

Others live very comfortably in the lobbies of our better hotels, business buildings, theater foyers, restaurants and in the reception areas of professional offices, rest homes and hospitals.

However, in most instances, due to our abyssmal ignorance of their hidden danger, we say and do nothing about them.

Nevertheless, we are morally responsible to our children, friends and even ourselves for the presence of these common malfactors, even those wild, disdainful ones that seemingly come out of nowhere having defiantly, haughtily and brazenly crept unaware into our yards and gardens as uninvited guests.

These latter are usually quickly eradicated, not because of any known jeopardy that they might bring about, but because they interfere with the general appearance and arrangement of our gardens.

But as to the former, we feed them, coddle them along to encourage their maximum development, giving them the best care possible that they might openly entice their unsuspecting victims by displaying their sinister, borgian beauty to be seen and admired by any and all that might pass their way.

Some further enhance their presence by the delightful fragrance emitted by their blossoms and others yield tantalizing scents when their foliage is brushed against or slightly bruised.

They fear no redress from us - why should they - and least of all from the law enforcement agencies.

Are not these beautifully flowering plants, magnificently often multicolored foliage and oddly patterned ornamentals and vines, whether in the house or outside, as well as bushes and shrubs sometimes ornately trimmed into fantastic shapes or hedges and trees our proteges and we their prideful and somewhat boastful guardians?

Mankind has been most intimately associated with the plants about him since the beginning of his sojourn on this small planet. He could not have survived without them.

They have been his source of nutrition either directly or indirectly, and at one time most of the medicinal principles, including our present day antibiotics; fuel to cook his food, keep him warm and a source of light; fabrics to clothe and protect him from the sometimes harsh environment; materials to build his home and other needed structures; as well as dyes, mordants and still later perfumes.

Nor can we overlook that marvelous yet mysterious process whereby all green plants including the trees of our great forests manufacture their basic food by photosynthesis. This chemical reaction occurs when water and carbon dioxide are broken down and their atoms recombined in the presence of the catalyst chlorophyll which

has been activated or energized by sunlight. This results in the production of a monosaccharide or a simple sugar glucose and free oxygen.

This phenomenon is absolutely essential and necessary for the survival of man, animals and plants as well. Also the constant recycling or exchange of gasses, oxygen and carbon dioxide assist in the purification of the air or atmosphere in which we are totally enveloped and must breathe if we are to continue to live.

Trees offer shade, moisture and protection, a haven not only for man but for the numerous other forms of animal and plant life alike. Adequate undergrowth and trees aid tremendously in the prevention of soil erosion and at the same time in the formation of new soil. Trees in our yards and those that so beautifully line our streets render their much welcomed service also.

These many assets cannot be measured in dollars and cents.

Neither can we lightly dismiss the esthetic role played by plants in the life of man and so enjoyed by him. Or the high esteem in which they have been held in matters sacred by ancient and modern cultures. This is well exemplified by their supposed mythological significance and use in religious ceremonies, rituals, mysticism and those unholy twin arts, black magic and witchcraft which antedate recorded history.

Though the vast majority of plants are non-toxic, all parts of some are highly poisonous or even deadly, the entire plant containing one or more dangerous (toxic) principles or active constituents. Some species are known to possess twenty, thirty or more active principles, some similar in their pharmacological action and others may be even antagonistic. However, usually only one certain part is more toxic than the rest of the plant such as the bulb, seeds, foliage, roots, corm, tubers, rhizomes or fruit.

The degree of poisoning when ingested, when in dermal contact either directly or indirectly or in rare instances the scent or smoke particles carrying the toxic substances are inhaled varied according to the amount and species involved. This may range from a mild irritation to a serious illness or even an agonizing death.

Jimsonweed or Thornapple (*Datura stramonium*, *D. meteloides* and related species), Oleander (*Nerium oleander*), Autumn Crocus or Meadow Saffron (*Colchicum autumnale*), Carolina or Yellow Jessamine or Jasmine (*Gelsemium sempervirens*), Poison Hemlock (*Conium maculatum*), Water Hemlock or Cowbane (*Cicuta spp.*) and many, many more plants could be listed as examples in which all parts (the entire plant) are regarded as being highly dangerous (lethal) when ingested.

The rootstock and its thick, fleshy, tuberous roots of the aforementioned *Cicuta* spp. are considered as being one of the most poisonous, if not the most toxic, of all plant parts in the United States.

They contain a resinous-like, yellow oil known as cicutoxin that smells strongly reminiscent of carrots. The virulency of this toxin is so great that it is said, "a single mouthful can kill a man within 15 minutes."

Children and adults have gathered these tuber-like roots mistaking them for parsnips or Jerusalem artichokes, and have eaten

them with fatal results. Nor is there any specific antidote known. However, the early use of an emetic or gastric lavage and a cathartic plus the parenteral use of short-acting or soluble barbiturates, or inhalation anesthesia to control the convulsions have been recommended.

The bulb of the Hyacinth (*Hyacinth orientalis*) and members of the Narcissus group such as the Daffodil, Chinese Sacred Lily, Paper White, Soleil d'Or, Poet's Narcissus and related species and hybrids are especially poisonous when ingested.

The corm and leaves of the Jack-in-the-Pulpit or Indian Turnip (*Arisaema triphyllum*) and the Cuckoopint or Lords and Ladies (*Arum maculatum*) contain sharp, needle-shaped crystals (*raphides*) of calcium oxalate which become embedded in the mucous membranes of the mouth, tongue and throat when chewed and swallowed. The resulting irritation and edema from the mechanical and chemical trauma may be sufficiently severe to cause laryngeal obstruction and death.

These are members of the Arum Family (*Araceae*) and any claim to fame they might have, other than that the highly acrid corm of the former was used by the North American Indians as a nutritious source of starchy food after thoroughly processing by boiling and drying which allegedly destroyed the toxic properties, were their poisonous characteristics and unique floral arrangement.

Other members of this large and fascinating family also possess the same toxic constituents as the forementioned, and may give rise to similar undesirable consequences when ingested, such as the Caladiums, Dieffenbachias, Philodendrons and Colocasias or Elephant Ears.

These very popular ornamentals, often grown as house-plants or in glasshouses in the cooler climates, and out of doors in warmer areas, are primarily noted for their charming foliage.

In California, the seeds of the Castor Bean or Castor Oil Plant (*Ricinus communis*) account for more cases of plant poisoning than any other. Therefore, it must be regarded as one of our most dangerous plants.

The attractively colored and beautifully mottled beans look very much like beetles and seem to hold an unduly strange and fascinating allurements for children. If the bean is put in the mouth and swallowed whole probably no poisoning would occur, but as is usually the case, the child chews the seed and then swallows it. It is then broken down into a most dangerous poison, ricin, a toxalbumin. A single seed well masticated and consumed has been known to cause death.

There is no known antidote for ricin, which is reported to be a blood poison.

Lantana and Mistletoe berries are poisonous as are the leaves of the former and probably also the latter. The rhizome and leaves of the Iris and related species result in a gastroenteritis when ingested. Neither do we dare eat the leaf or the blade of the Rhubarb or Pie Plant since it contains oxalates, but the leaf stalk, or petiole, is used to make delicious sauce and pies.

It is not uncommon for one or more parts of a plant to contain highly toxic principles and yet some other part may be non-

poisonous and edible or the part may be edible at a certain stage of the plant's growth. In some instances the plant is poisonous but man somehow learned ages ago that he could by processing it or some particular part, it served him - and has continued to do so as a nutritious source of food. Many such examples could be cited, such as tapioca derived from the poisonous roots of the *Manihot esculenta* used by the Brazilian Indians for untold centuries and now used the world over; the corm of the Indian Turnip used by the Eastern North American Indians after treating it, which then yields a nutritious starch; and today we eat potatoes and tomatoes, but not the foliage,

Oftentimes apartment dwellers in the wish to add greenery to their homes will place a potato in a container of water. Soon they will have a rather luxuriant vine that will climb upon lamp chains, small frames, etc.

While these ornamentals are most attractive, they are a potential danger to young children, who might pluck and eat the stems or leaves, which are poisonous if consumed.



The leaves and stems of the Potato Plant (*Solanum tuberosum*) are not edible because of the poisonous alkaloidal glucosides they contain, nor for that matter do we eat the tuber (the potato) if it has turned green, or has green spots on it, due to being exposed during its growth to the sunlight and having been 'sunburned'. These potatoes are unfit to be eaten as they have the same toxic substances present as the leaves and stems, and have actually caused human fatalities when ingested. The 'eyes', sprouts and shoots are equally dangerous for the same reason.

Today, we eat tomatoes, once known as Love-apples, and enjoy them sliced raw, stewed, fried, pickled and used in salads. Certainly they are tasty and lend color to a meal as well as supplying an excellent source of vitamins (especially C) and minerals, but we do not eat the foliage of this plant (*Lycopersicum esulentum*) which probably possesses the same or similar toxic substances as the potato plant. Even the Black Nightshade (*Solanum nigrum*) which grows wild and has been cultivated is very poisonous, especially its green berries and

wilted foliage. But when the berries are fully ripened, totally black, glossy and cooked they are edible. The ripening and cooking seems to eliminate or destroy the toxic principles, and the berries are then used in making preserves, pies, etc.

The young, succulent shoots of the Poke or Pokeweed (*Phytolacca decandra*) can be prepared like asparagus or any other greens but one must be careful not to gather any part of the root and mix it with the tender shoots. The root is said to be one of our most dangerously and violent poisonous plant parts.

The writer is not so naive or impractical as to advocate the total destruction or eradication of all poisonous plants, but it goes without saying that they should be recognized as being potentially dangerous and then be used judiciously for whatever their function may be. To destroy them would deprive us of some of our most nutritious fruits, berries, vegetables, medicinal principles, vitamins, minerals and ornamental plants.

Just as the small child must be taught when and when not to cross the street or walk too close to edge of a cliff, so also in this writer's opinion, parents should instruct their little ones as to which plants are poisonous and those that are not. Actually the child should be told never to put any plant or any of its part, i.e., flowers, leaves, stems, roots, seeds, etc. in his mouth, chew or swallow them, regardless of how alluring or attractive they may appear or smell.

Yet few persons, other than professional gardeners, botanists and pharmacognosists, have taken the time or seemingly had the inclination to interest themselves in the identification of the many poisonous species that abound among us for either their own protection or the well-being of their fellow man.



OUR ALUMNI AND OTHER FRIENDS

By ARTHUR V. NILSSON, D.C.

The California Chiropractic Association has now another select group of officers ready to serve during the ensuing fiscal year. These leaders, as well as the entire membership, are creating a virtual chiropractic bastion that radiates strength and inspiration not only among themselves but as well to our L.A.C.C. students. These bright young folk read the C.C.A. Journal and follow with interest the various proceedings and plans contained within this fine publication.

Dr. Arnold Pike came to our college years ago with a rich academic background as well as experience in education and journalism.

Even though he completed his chiropractic training, his original preference for didactic experience took him into the fields of radio and television where for many years he has served as director of educational programs. On several occasions he has been instrumental in arranging for our college and our profession to be publicized. Under the general heading of *CAMPUS PROFILE* he is presently the producer of a number of highly popular discussions in the nutritional realm. For details, consult the *TV GUIDE*.

Dr. James R. Alberts, Jr. recently visited Southern California at which time we had an interesting conversation. He conducts his practice in San Mateo, where he and his family also reside.

About a week ago (as this was written) we received special greetings from Dr. O. Calvin Woodruff, Enid, Oklahoma. His emissary was none the less than his own charming wife, Mrs. Woodruff. While touring Southern California, she made it a point to visit our college.

Dr. Carl Nixon, Jr. with practice in Hollywood, dropped in on us one day some time ago. As I traversed the lobby I had the good fortune of meeting him. After we had a few minutes reminiscent chat we parted again. As I walked away I was convinced that I had never seen a more young-looking grand dad than this, our friend, Dr. Nixon.

Dr. Yves Graveline is presently practicing in association with Dr. J. C. Bellrive in Grand Mere, Que. Canada. Continued success to both of you, Doctors!

Immediately after this year's graduation exercises, as the throng slowly milled about in the lobby, I came upon three of our former students: Dr. John deHeras, Dr. Ray H. Quibell, and Dr. Cynthia Preiss, all three now members of the California State Board of Chiropractic Examiners. Thank you, Doctors, for attending!

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RUNSTEN, D.C.

1. Cerebral
ventriculo-
graphy entails
putting—
into the
cranial bones.

- A. Electrodes
- B. Isotopes
- C. Gas
- D. Burr holes

2. The erect position is used in encephalography to outline the

- A. The uppermost portions of the ventricles.
- B. The lowermost portions of the ventricles.
- C. Fourth ventricle.
- D. Third ventricle.

3. The type of contrast material most commonly used in myelography is

- A. Air
- B. Absorbable
- C. Carbon dioxide
- D. Opaque

4. Perirenal or retroperitoneal gas insufflation is used to study the

- A. Pancreas
- B. Aorta
- C. Adrenal gland
- D. Colon

5. A finding often looked for in hysterosalpingography is of the opaque material in the

- A. Peritoneal cavity
- B. Placenta
- C. Pleural cavity
- D. Duodenum

(ANSWERS ON PAGE 28)

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